



# EATING 101

## RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Say No to the Sniffles

Here is a riddle for you: I help you feel better, though I'm not a cure; I fight off invaders to keep you secure. What am I? Your immune system. During cold and flu season, college students experience symptoms ranging from mild to severe and often fall behind in class, sports, and social activities. This year, stay one step ahead of coughs, sneezes, and sore throats, and follow along as the *Healthy Dining Team* shares simple tips to keep the sniffles and coughs at bay.

#### Prevent the cold & flu, don't catch it:



**Help Play It Safe and Wash Your Hands:** Proper handwashing is one of the most effective ways to avoid the spread of illness and disease. To stay healthy throughout the semester, practice good hygiene.



**You Are What You Eat:** It is important to note that no diet or food can cure illness or disease. However, consuming a variety of nutrients allows your body to function at its best, so maintaining a balanced diet is key. Eating fruits, vegetables, lean protein, grains, and fat-free or low-fat milk and milk products daily is a terrific way to promote healthy eating patterns. All dining locations offer a variety of nutrient-rich options to help you meet these goals.



**What to Know About H<sub>2</sub>O:** Drinking water helps your body create the fluid (lymph) needed to transport germ-fighting white blood cells to wherever they are needed. No water = slow immune response. College students should aim for 91-125 oz (sometimes more) of water or other water-based beverages to maintain peak bodily function efficiency. Visit your nearby dining location and grab some orange juice for an extra boost of vitamin C with your H<sub>2</sub>O.



**Day-to-Day Lifestyle:** How we navigate our busy lives plays a crucial role in mental, emotional, and physical health. Both staying physically active and getting enough sleep increases your body's ability to fight off illness. College-age students should aim for 7-9 hours of sleep each night for optimal health.

Did the annual cold and flu get the best of you, leaving you feeling under the weather? Broth-based soups are an age-old remedy that provides steam to help clear congested sinuses, all while helping you meet your daily fluid intake. As a bonus, the addition of vegetables provides vitamins. Stop by the *Atrium, Livingston and Busch Dining halls* to visit the noodle bar, featuring a variety of ingredients for a winter pick-me-up.

### Fuel your Immunity and Avoid the COUGHsequences!



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References: *Healthy Habits: Enhancing Immunity*. Available at: <https://www.cdc.gov/healthy-weight-growth>. Accessed on: January 28, 2026. Five Ways Water Can Help You Stay Healthy. Available at: <https://mydoctor.kaiserpermanente.org/mas/news/five-ways-water-can-help-you-stay-healthy-1758946>. Accessed on: January 29, 2026. *Nutrition and Immunity*. Available at: <https://dairycouncilofca.org/learning-resources/research-insights/detail/nutrition-immunity>. Accessed on: January 21, 2026. *Foods to Boost Your Immune System*. Available at: <https://www.brownhealth.org/be-well/foods-boost-your-immune-system>. Accessed on: January 21, 2026



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